

## **Understanding and Managing ADD/ADHD: A Group Program for Parents of Children ages 6-12 at the Noble H. Kelley Psychological Services Center (PSC)**



### **What is the Understanding and Managing ADD/ADHD parent group program?**

Parenting a child who has ADD or ADHD is very challenging. Children with ADD/ADHD often experience a range of difficulties, which may include:

- Difficulty completing HW or other school tasks
- Trouble behaving at home and/or school
- Trouble getting along with other kids
- Organizational problems

Our program teaches parents about ADHD and how to use behavioral management principles to successfully manage their child's ADHD, improve their interactions with their child, and reduce stress for all family members. The goal of our program is to empower parents to manage their child's ADHD more effectively and to help their child succeed.

### **What skills are taught by the Understanding and Managing ADD/ADHD parent group program?**

- Understanding ADHD
- Improving child behavior
- The power positive attention
- Effective discipline strategies
- Helping children with ADHD succeed at school.

### **How is the Understanding and Managing ADD/ADHD parent group program taught?**

- This program is conducted in a group format, with six to twelve parents enrolled at a time. Parents attend *without* their children. Parents are responsible for arranging child care.
- There are a total of 8 weekly sessions, 90 minutes each.
- This is an instructional skills group. The primary focus will be on presenting skills to parents and instructing parents in their use to better manage their child with ADHD.

### **What are the dates/times and cost?**

- Group sessions offered Spring, Summer, and Fall. Participants are expected to attend all sessions if possible.
- The group fee is determined using a sliding scale based on income. A one-time fee covers the entire group program. Participants must also receive an intake evaluation prior to enrolling in the group. The Noble H. Kelley PSC does not bill directly to insurance.

### **How do I sign up?**

- If you are interested in signing up for the Understanding and Managing ADD/ADHD group, please call the Noble H. Kelley PSC at **502-852-6782**. The Noble H. Kelley PSC is located at Suite 210 of Davidson Hall on the University of Louisville Belknap campus.